



**Markeaton**  
Primary School



# Welcome Pack 2020 - 2021



*'Grow and Learn Together'*



**Markeaton**  
Primary School



To all Parents/Carers,

At Markeaton Primary School we strive to create an environment which gives all children the opportunity to explore and enrich their potential. Whether it be building habitats in our outdoor classroom, competing in a gymnastics competition or writing a captivating short story, our aim is to deliver a challenging and immersive curriculum which engages the children and provides them with the tools to become responsible and ambitious citizens of the future. The great thing about potential is that there is no limit to it and what we try to do every day at Markeaton is help the children to embrace the possibility of being whatever they want to be. Our focus, as it should be, is to challenge, educate and support them along their journey.

### So, how do we do this?

At Markeaton we have experienced staff who really try to know and understand your child. They are dedicated and talented and all help to nurture a caring ethos which permeates throughout the school. All children know that they have someone to turn to at Markeaton and someone who will give them help and guidance, if and when they need it. A happy child is a happy learner.



Allowing children to explore and enrich their potential is also rooted in our lessons and the way in which we teach. Being challenged and having high expectations is not unique to any one child or any one group of children. All children should feel challenged and supported when they come to school and what we endeavour to do is give children the resilience to overcome such challenges and experience what it feels like to be someone who has the capacity to solve problems, work as a team and never give up. Much of this is underpinned by our focus on children having a **Growth Mindset**; a powerful way of thinking which we ask the children to consider in everything that they do.

Finally, we try to build sustainable and effective links with parents, carers and the wider community. Not only do we have a very proactive PTFA who work incredibly hard throughout the year to raise money, we also have a community which really believes in what the school can achieve. Our recent Ofsted report said we had '*...a strong community ethos where together everyone can realise the school's vision to 'grow and learn together'*'. This partnership is integral to everything we do at Markeaton.

There are many other positive aspects to life at Markeaton but by exploring the website you will be given a much greater insight into what we do and why we do it.

If you would like to know more about Markeaton then please contact the school office and book an appointment.

Kind regards,

Mr. I. Johnson  
Headteacher



**Markeaton**  
Primary School



School day starts at 8.50am when the whistle is blown

School finishes at 3.25pm



## Information Booklet

### *Welcome to Markeaton Primary School*

Our school is a very friendly, caring and vibrant environment where children are supported and encouraged to grow and learn together. We nurture mutual respect and teach awareness of rights and responsibilities. We are a school that specialises in the teaching of children with visual impairment and, as such, have a team of dedicated experts in this field.

### Punctuality

We expect excellent attendance and punctuality. Please see below our policies and rules which we ask all parents and children to adhere to whilst attending Markeaton Primary School. All pupils and their Parent/Carer must sign the 'Home School Agreement'. Children should be in the playground and lined up by 08:50 when the whistle is blown. Registration is taken at 08:55. Any child arriving after 09:00 will be marked as late on the register. Should you arrive at school after this time, please accompany your child to the main reception area, where you will be asked to sign your child in on the electronic entry system. For safeguarding reasons, adults must not enter the school, with or without their child, without signing in at the front desk. On wet mornings, your child's classroom will be opened at the slightly earlier time of 08:45. Children should go directly into their class rather than lining up. Please do not arrive in school earlier than 08:45 for health and safety reasons, or via the school reception area unless your child is late.

### Security

An intercom is installed at the school entrance; should you need to come into school during the day, please ring the buzzer and speak to the office to gain entry to the school premises. Please make your way straight to the main school reception area. If your child attends a club after school, please wait in the playground by the bike shelter. Pupils will be brought out to you by the club leader; please do not enter the school. If there is a reason you do need to gain access, please do so by signing-in at the main reception desk first. **These measures are in place to keep all pupils safe.**

### Illness

In the event of your child needing time off school due to illness, we ask that parents contact school to inform us of their absence; this can be done via the ParentMail PMX app or by phone. We have an answerphone during busy periods; please leave a clear message stating your child's name, teacher and reason for absence. If your child requires more than 5 days off school in one bout of illness, we ask that proof of medical advice is provided for our records.

### Medical/Dental Appointments

If your child needs to attend a medical or dental appointment, we ask that an appointment card or letter is provided for our records. We are asked by the Local Authority to keep these records so that we can monitor attendance properly. Whilst we appreciate that some medical/dental appointments need to be made at short notice, we do ask that every effort is made for appointments to be made outside of school time.

### Head Bumps

We take head bumps very seriously and we make a record of every time your child bumps their head. Please do not be alarmed if you receive a call from us. We will contact you, no matter how small it may seem, so that monitoring of the bump can continue at home. In severe cases, you will be asked to collect your child from school.



## **Medicines in School Policy**

We do not administer non-prescribed medication. If your child has a mild cold/hayfever but you feel they are well enough to attend school, we ask that you consider giving them a dose of medicine before coming into school and another when they arrive home. If you feel they would benefit from another dose during the school day, you are free to come in at lunch time to administer. For prescribed medication, we are happy to administer the medication but request that you complete a consent form (available on our school website or from outside the school office). Again, if your child only needs medicine 3 times per day, we ask you to consider giving them a dose before school, straight after school and again before bedtime.

## **Holiday During Term Time**

In September 2013, the Minister of Education announced that schools can no longer authorise leave of absence during school term time unless there are explicit exceptional circumstances. If you require your child to have time off during term time, we ask all parents to complete an Application for Leave of Absence Form, which again can be downloaded from our website or a copy can be obtained from the school office. Once the application has been returned to school, the application will be processed and you will be contacted by letter regarding the outcome.

## **Communication and Online Payments**

We do our best to reduce our carbon footprint by limiting the amount of paper sent home. We utilise a service called ParentMail PMX. This service enables you to receive text messages and emails from school, communicating vital information at short notice. For this reason, it is important to advise the School Office if any of your contact details change throughout your child's time at Markeaton Primary School. The details you have provided as 'Priority 1 contact' on your admissions form will automatically be added to this system. In the instance of separated parents, we will add both parents to PMX as primary contacts. Once registered, you will be sent a link to verify your account; this will provide you with access to a range of other useful features including paying for and giving consent for trips, school dinners, booking your parents evening appointment, etc. There is also a free downloadable app ([www.parentmail.co.uk/parentmail-mobile-app/](http://www.parentmail.co.uk/parentmail-mobile-app/)) that allows you to receive all texts, emails, trip and payment alerts in one place, direct to your tablet or mobile phone - excellent for busy parents who don't have time to scroll through an inbox. ParentMail is registered with the Data Protection registrar and guarantees that all your information will be kept private, stored in line with GDPR regulations and will not be passed on to any other organisation.

## **Website/Twitter**

Please make time to take a look at our website with its Twitter Feeds as it has a host of useful information that you will find helpful throughout your child's time at Markeaton Primary School. There's everything from upcoming PTFA events, adverts for activities 'In Your Local Area', to downloadable letters for school trips on the Year Group pages. Our Twitter feeds allow parents an insight into what exciting lessons and activities are taking place in school throughout the year. Please note: in accordance with safeguarding procedures, we will never identify a child in any photograph by name.

## **Pupil Premium**

An application form has been included in your Welcome Pack for Free School Meals. Please complete and return to school even if you don't think you're eligible. You will only ever need to fill this in once during your child's time at Markeaton Primary School; details are stored on a secure database and are automatically updated to reflect your circumstances. This negates the need for further paperwork when your child moves up to Year 3 and is no longer eligible for Universal Infant Free School Meals but is eligible to receive Free School Meals. Maximising the amount of funding we receive helps provide your child with the best possible opportunities.

## **Contact Details**

- Telephone: 01332 347374
- Email: [admin@markeaton.derby.sch.uk](mailto:admin@markeaton.derby.sch.uk)
- Website: [www.markeaton.derby.sch.uk](http://www.markeaton.derby.sch.uk)



### Food






We actively support healthy eating and drinking throughout the day to promote wellbeing. All our meals are cooked on site by our dedicated kitchen team using fresh, additive free, animal welfare assured produce. Where possible, produce will be seasonal, locally sourced and organic.

All FS2 and KS1 pupils are entitled to Universal Infant Free School Meals; pupils from Year 3 upwards are currently charged £2.20 per day for dinners (unless you qualify for free school meals). Dinner money is due in advance, either weekly or termly. We encourage you to pay online using PMX.

If you would like to change from sandwiches to dinners, or vice versa, please make sure you complete a 'change to lunchtime arrangements' form (available at the School Office or to download from our website).

Your child can bring a healthy packed lunch if they prefer (please refer to our Packed Lunch Policy for more information). Please confirm if your child will be having dinners or sandwiches on the admissions form.

Below is a sample menu to give you an idea of choices available in the dinner hall. Specific food allergies and other special diets can be catered for; please include this information on your admissions form.

CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Option 1 	Hot Dog  Chips	Jacket Potato Bar Cheese / Tuna / Baked Beans / Cucumber / Diced Tomato / Grated Carrot / Mixed Peppers	Chicken Fillet Sage & Onion Stuffing Gravy Roast Potatoes	Macaroni Cheese  Garlic Bread Slice	Meatballs Tomato & Basil Or BBQ Sauce Mixed Rice
Main Option 2 (vegetarian) 	BBQ Pulled Quorn in a Bun  Chips		Chicken Style Vegetarian & Vegan Wraps with BBQ Sauce	Vegetarian Chilli & Rice	Goan Curry with Flatbread
Jacket Potato or Cold Option 	Jacket Potato  Cheese / Beans / Tuna	Selection of Sandwiches	Jacket Potato  Cheese / Beans / Tuna	Selection of Wraps	Jacket Potato  Cheese / Tuna / Beans
Seasonal Veg 	Coleslaw  Fresh Tomato Wedge	Coleslaw  Sweetcorn	Cauliflower Cheese  Baton Carrots	Mixed Salad  Mixed Vegetables	Diced Carrots  Peas
Dessert 	Melting Moment Biscuit  Home-made Yoghurt with Fruit Sauce  Fresh Fruit	Markeaton Mess  Home-made Yoghurt with Fruit Sauce  Fresh Fruit	Coconut & Raspberry Cake  Home-made Yoghurt with Fruit Sauce  Fresh Fruit	Assorted Cup Cakes  Home-made Yoghurt with Fruit Sauce  Fresh Fruit	Jelly & Ice-cream  Home-made Yoghurt with Fruit Sauce  Fresh Fruit

### Morning Snack

Each day, FS2 and KS1 children receive a healthy snack of fruit or vegetables. In addition, FS2 have a drink of milk, a small charge is made for this. Further details will be sent to you in a separate letter at the beginning of each half term.

**Markeaton Primary School is a nut-free school. This is for the safety of children with a nut allergy; therefore, please do not send any food/snacks which contain nuts.**

Thank you.



### School Uniform

Our school encourages school uniform for the following reasons:

- The wearing of a uniform promotes inclusion, reducing competition and undue concern about appearance.
- Uniform promotes a strong sense of school ethos and belonging to a particular community; something to be proud of. As such, it promotes discipline and academic standards.
- School uniform creates a positive approach to school work because it raises the child's self-esteem and makes him/her feel good.
- School uniform can save parents' money and makes life easier in the mornings.
- It helps identify children when they are away from school on trips and visits.

Girls' School Uniform		Boys' School Uniform	
Grey skirt or pinafore dress, or grey/black school trousers		Grey or black school trousers - long	
Yellow or white polo shirt		Yellow or white polo shirt	
Bottle green school sweatshirt or sweat cardigan		Bottle green school sweatshirt	
School fleece jackets are only to be used as outer garments		School fleece jackets are only to be used as outer garments	
Strong, sensible flat black/brown shoes - not trainers		Strong black/brown shoes - not trainers	
Grey, black or bottle green tights/socks or white socks		Grey or black socks	
Jewellery does not form part of our school uniform. Small stud earrings (taped over for PE) and a watch are the only items permitted. Certain items may be allowed for religious/cultural reasons only.		Jewellery does not form part of our school uniform. Small stud earrings (taped over for PE) and a watch are the only items permitted. Certain items may be allowed for religious/cultural reasons only.	
Optional Summer School Uniform			
Bottle green or yellow checked dress with white socks		Grey/black school trousers - short.	
Sensible sandals with socks		Sensible sandals with socks	
PE Uniform - Girls & Boys			
FS2 and KS1		KS2	
White round neck plain cotton T shirt		White round neck plain cotton T shirt	
Plain black shorts		Plain black shorts	
Black pumps for outdoor PE		Black Pumps / Trainers for outdoor PE	
Long hair should be tied back for safety and hygiene		Long hair should be tied back for safety and hygiene	
A named drawstring bag		A named drawstring bag	
<b>No jewellery permitted:</b> small stud earrings must be removed or taped over during PE.		<b>No jewellery permitted:</b> small stud earrings must be removed or taped over during PE.	
		<b>For Winter Games:</b> Football/hockey boots, plain sweat shirt and track trousers	

- Uniform makes it easier to check that every child is dressed appropriately and safely.

**It is vital that all items of clothing and belongings are CLEARLY marked with your child's name**

Our school uniform provider is Simply Uniform. Items can be ordered online at [www.simplyuniform.co.uk](http://www.simplyuniform.co.uk) and can be delivered to school (during term time) free of charge; alternatively, can be delivered to a nominated home or work address for a fee of £3.95.





Our uniform provider is Simply Uniform

Price List	
Item	Price
Embroidered Gold Polo Shirt	£6.99 (all sizes)
Embroidered Sweatshirt	£9.99 (all sizes)
Embroidered Cardigan	£10.99 (all sizes)
Embroidered Fleece	£13.99 (all sizes)
Reversible Jacket with school logo	£16.49 (all sizes)
Legionnaire Cap	£6.99 (ONE SIZE)
Black Shadow Stripe Sports Shorts	£6.99
White Crew Neck PE T Shirt	£4.99
Embroidered PE Bag	£4.99
Embroidered Book Bag	£3.50 (available from School Office)

- Orders can be placed online at [www.simplyuniform.co.uk](http://www.simplyuniform.co.uk)
- Simply go to 'Find My School' drop-down tab and click on the 'M' then Markeaton Primary School.
- Ordering is easy and items can be delivered to school, during term time, free of charge (wait time approx. 2 weeks), or alternatively, can be delivered to a nominated address for a charge of £6.95 per delivery.
- If you wish to try on any items for sizing before placing your order, Simply Uniform have a small showroom: Unit 4, Peter Baines Industrial Park, Woods Lane, Derby. DE22 3UD. Please refer to their website or telephone 01332 515666 for opening hours.
- Should you have any questions please contact the School Office.



## Mission Statement

We strive to create a safe, happy and inspiring learning environment which allows all children, staff and parents to explore and enrich their potential. We are a welcoming and nurturing hub of the community and we endeavour to work in partnership with parents and carers in the support of their child's education.

## Vision

We want each and every child to leave Markeaton with resilience, empathy, cultural awareness and confidence at the core of everything they do. We want our children to experience a challenging and immersive curriculum which will encourage them to become responsible and ambitious citizens of the future, looking back on their time at Markeaton with a smile on their face.

## What do we value?

- The happiness of the children;
- Staff who know your child and respect them as individuals;
- A high standard of education which challenges all children;
- Responsibility and independence;
- Mental well-being and a healthy lifestyle;
- Outdoor provision which allows children to explore the natural world;
- Confidence and cooperation;
- Diversity;
- Encouraging all children to value the importance of working hard, learning from mistakes and responding positively to challenge; what we refer to as a Growth Mindset;
- British Values – Democracy, The Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of Different Faiths and Beliefs
- Recognition of achievement.

## Markeaton MINDS:

More than just me

I can do it

Now what?

Doing it myself

Solving problems





## **Our PTFA**

Welcome to Markeaton Primary School. You are now a member of our amazing PTFA (Parents, Teachers, and Friends Association) and this is what we do...

Markeaton PTFA promotes a fantastic relationship between the school and the local community and raises funds to provide extra facilities for the school. Our fundraising events are fun and social, and hugely rewarding to be a part of. Events run throughout the year - the highlight being the Summer Fair, which is a full-on, family fun event not to be missed!

Our core committee is made up of a Chair, Treasurer, and Secretary, but all contributors are most welcome, and are, in fact, necessary! We couldn't do what we do without our army of members pulling together to support our school and we pride ourselves in putting on a variety of inclusive events throughout the school year for everyone to enjoy.

You will be able to help in the way that suits you best. Whether you see yourself standing for the role of Chair, running a stall at an event, dressing up as a Santa elf, baking a cake, or just enjoying the events and spending a few pennies, it all helps.

Our events include:

- Annual Summer Fair – Infant and Junior Discos – Christmas Events including Shopping Evening and Santa's Grotto – Quiz Night – Easter Fun – and plenty more

Over the past year, some of the money raised funded:

- Tablets for each classroom
- Refurbished the junior toilets
- Materials and activities for our Arts Week

We also fund:

- Every child's first bookbag
- £10 per child per year towards school trips

Being a PTFA volunteer will give you:

- Friends for life
- Transferable skills in many areas, such as events, planning, marketing, community liaison, accounting, the charity sector, baking, acting, arts and crafts, and much, much more.

Starting school can be daunting for parents as well as children, so make friends the easy way – get to know the PTFA!

Come and say hi in the playground, email us via [markeatonptfa@gmail.com](mailto:markeatonptfa@gmail.com), on Facebook, or on Twitter @MarkeatonPTFA.

**See you in September!**

**Markeaton PTFA (Parents, Teachers, and Friends Association)**  
**Registered Charity No. 1073292**



## Before School and After School Care

We are excited to provide a before and after school service on the school site; meaning you don't have to worry about your child travelling to another location. They simply finish school and make their way over to the YMCA staff – easy as that!






<b>YMCA Wrap-around-care</b> <b>Markeaton Primary School</b> <b>Bromley Street</b> <b>Derby</b>	<b>Tel: 07590 452825 or 01332 854647</b>
The Kingfisher Day Nursery 135 Duffield Road Derby	Tel: 01332 344800 Email: helen@kingfisher135.plus.com
The Den Out of School Club St. Mary's School Broadway Darley Abbey	Tel: 0779 3275196
Allestree School's Out Club 1 St. John's Church Hall Allestree	Tel: 01332 736554
Nuala Hale 69 Otter Street Derby	Childminder ref: EY482867 Tel: 0782 3699772

## Nursery Care

Central Nursery Nuns Street Derby	Tel: 01332 342647
St. Mary's Nursery Broadway Darley Abbey	Tel: 01332 368783
Kingfisher Nursery Duffield Road Derby	Tel: 01332 344800
Whitecross Nursery Watson Street Derby	Tel: 01332 371876



## School Term and Holiday Dates 2020-2021

 School Holiday	 Bank Holiday	
 Autumn Term	 Spring Term	 Summer Term

September 2020						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2020						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2020						
M	T	W	T	F	S	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December 2020						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2021						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2021						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2021						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2021						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2021						
M	T	W	T	F	S	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June 2021						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2021						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2021						
M	T	W	T	F	S	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

195 Days – including up to 5 days to be taken as professional development days for teaching staff.





## **Separated Parents Policy**

At Markeaton Primary School, we recognise that, while some parents may be divorced or separated, both have a right to be informed of, and involved in, their child's educational progress.

Evidence shows that, after separation, children do best when those around them co-operate, provide stability and avoid conflict. We understand that this can be difficult and parents can become estranged. Our aim is to work with all parties to promote positive family involvement. This policy clarifies what is expected from separated parents and carers, the school and its staff.

- It is the responsibility of parents to inform the school when there is a change in the family's circumstances. We need to be kept up to date with contact details, arrangements for collecting children, and emergencies.
- The information provided to school when the pupil was enrolled, detailing whether both parents have parental responsibility, will be presumed to be correct unless a court order or original birth certificate proving otherwise is provided to the school.
- All diary dates and newsletters are available on our website at [www.markeaton.derby.sch.uk](http://www.markeaton.derby.sch.uk) ParentMail e-mails will be sent to both parents. Parents are responsible for providing a correct e-mail address and keeping their ParentMail accounts up to date. Occasionally, paper letters are sent home with pupils and we expect parents to communicate these messages to each other, as and when appropriate.
- We will hold one parents evening appointment per child, where both parents are welcome and we expect parents to communicate with each other regarding these arrangements. If individual appointments are necessary please contact the school office.
- We expect parents to liaise and communicate directly with each other in matters such as the ordering of school photographs, tickets for performances, and other instances.
- Both parents are entitled to receive progress reports and review their child's pupil records. Progress reports will be sent to the parent with whom the child resides, with the expectation that he/she will share the report with the other parent. The school will post copies of progress reports to the non-custodial parent if a written request is submitted.
- Both parents are legally entitled to collect their child from school unless a court order is provided that states otherwise. In all cases, the school will be mindful of its safeguarding responsibilities and may use its discretion not to send a child home with a particular parent.
- In the event of an application for leave of absence from school being requested, both parents must sign the form. Copies of the authorised/unauthorised reply will be sent to both parents.
- A list is kept by the school office of parents who have made requests for separate information, parents evenings, etc. These parents will not have to make a request every time a parents evening, etc. takes place. It is expected that, if circumstances improve/change, then parents will request to be removed from this list.

### **Data capture and data sharing**

On an annual basis a Pupil Information Update Form will be sent out. These forms contain the basic information, emergency contact information and medical details we have for pupils on our roll. Parents are requested to amend any incorrect information on the form so we can keep our pupil records up to date. This form will be given to parents at parents evening appointments or parents will be asked to collect and sign for documents from the school office. This is to reduce the risk of personal information being lost or a data breach. The contact information for both parents and any listed emergency contacts will be on this form. If one parent does not wish the other parent to know their contact details, a request in writing must be submitted to the school office not to share this information. Once a request has been submitted, alternative arrangements will be made to capture the data required.



## **Packed Lunch Policy**

The aim of this policy is to ensure that all packed lunches brought from home and consumed in school or on school trips provide children with healthy and nutritious food to the standard of food served in schools, which is now regulated by national standards, full details of which can be found at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

Our Packed Lunch Policy has been developed in response to parent surveys and observations of children's packed lunches, which showed that some contained too many unhealthy foods and sugary drinks, and not enough fruit and vegetables. The short term effects of unhealthy eating can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems, which may have an impact on a child's learning. The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

We provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available. We strongly encourage a water only policy. As water is provided, it is not essential to include a drink in packed lunches and this will avoid leakages spoiling packed lunches.

The school will work with parents to ensure that packed lunches are as close as possible to the guidance below. Where possible, any uneaten food will be sent home, so parents know what their children have left.

Children must only eat their own food and not other children's (see Special diets and allergies, below).

As fridge space is not available in school, pupils are advised to bring non-perishable food, or packed lunches in insulated bags.

Packed lunches should ideally include:

- At least one portion of fruit and one portion of vegetables every day
- A starchy food such as any type of bread, pasta, rice, naan, chapatti, couscous or potatoes every day
- Meat, fish or other source of non-dairy protein (eg. lentils, kidney beans, Quorn, chickpeas, hummus, eggs or falafel) every day
- Dairy food such as milk, cheese, yoghurt or fromage frais or custard every day (this does not include Dairy Lea Lunchables or similar products)
- Oily fish, such as salmon or sardines, at least once every three weeks (NB tinned tuna does not count as a portion of oily fish)
- Seeds, crackers and cheese, and vegetable or bread sticks with a dip
- Only water or 100% pure fruit juice (fresh drinking water is provided free)

Suggestions for items not to be included:

- Fizzy drinks
- Chocolate in any form
- Sweets
- Snacks such as crisps
- Cakes
- Meat and pastry products such as sausage rolls or pies

**Special exception to the above will be granted for end-of-term parties, as these are seen as a treat.**



### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the Standards to be met exactly. In this case, parents are urged to be responsible for ensuring that packed lunches are as healthy as possible. Because some children have special diets, pupils are not permitted to swap food. Nuts (salted or otherwise, or nut products), are not permitted in school.

### **Monitoring and evaluation**

Packed lunches are monitored by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other rewards. Pupils on special diets will be given due consideration. Where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, parents will be contacted and we will endeavour to deal with the matter in a timely and sensitive manner.

In order to achieve National Healthy Schools Status, schools are required to 'ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance' and 'monitor pupils' menus and food choices to inform policy development and provision'.

### **Publication of the policy**

The school will write to all new and existing parents/carers to inform them of the packed lunch policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus/welcome pack. The school will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.





# Markeaton

Primary School



Bromley Street  
Derby  
DE22 1HL

**Telephone:** 01332 347374  
**Email:** [admin@markeaton.derby.sch.uk](mailto:admin@markeaton.derby.sch.uk)  
**Website:** [www.markeaton.derby.sch.uk](http://www.markeaton.derby.sch.uk)